

ENVIRONMENT

9. Taste - The left-over taste of this evening's meal may subconsciously lead your thoughts back to the entree! Either brush your teeth, drink something to counteract this, or do whatever is necessary to avoid this potentially limiting factor.
10. Body - Our body itself can be a distraction in many ways, some of which we have covered in the above. A freshly bathed physical body is more likely to be free of not only dirt, but of potentially distracting energies we come in contact with during the day. At least or especially the hands should be ceremoniously washed before meditation if possible. Water "purifies" the magnetic fields of the body as well as cleaning the body physically. Moving water, such as a shower, creates a very powerful ion field which is both healing and purifying.
11. Experiment - Don't limit yourself in what you do, nor should you think of this list as a mandate. Try a number of different methods and aids in your meditations. What works well for one, may not for you, and of course the opposite is true. Give some thought to the environmental conditions you find most pleasant, and try to simulate them. The greatest discoveries are most often the obvious ones.
12. Consistency - Even with the most difficult of environments, one can learn to become "balanced" with their surroundings. By keeping as much consistency as is possible, background sounds and other uncontrollable influences can be used to actually enhance your meditations. Learn to build upon whatever is at hand during your meditations.
13. Other - You may find other personal considerations which when controlled by you in advance, help significantly to enhance the depth of your meditation. Use them until such time as you have reached the point where your environment has little influence on you. Why not list your personal considerations below so you don't forget them?